



Healthy Aging in Neighborhoods of Diversity across the Life Span

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The Healthy Journey

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Workforce Development, Job Training, and Unemployment Benefits

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Millions of Americans lost their jobs in the COVID-19 pandemic. Many people are seeking unemployment benefits to ease financial hardships. People are also trying to find new jobs. Free job training programs are offered in Baltimore City. These training programs help residents meet the qualifications for many jobs. These training programs also provide the necessary skills to help people find meaningful careers.

This issue of The Healthy Journey outlines various job training programs in Baltimore City. It will also explain which unemployment benefits are available through the CARES Act. The Coronavirus Aid, Relief, and Economic Security (CARES) Act aids American workers, families, and businesses.

Food Supplement Employment and Training (FSET) Program

The FSET program offers free job training opportunities to people who receive monthly food supplement benefits (SNAP, food stamps). The program lasts 12-16 weeks. It offers training in professions such as construction, healthcare, and hospitality. If you would like to enroll or see if you are eligible for the following FSET offerings, please contact one of these program options directly or call the DHS helpline at (800) 332-6347.

- Baltimore City Community College + Humanim offers training in construction, culinary arts, customer service, healthcare, and administrative professional skills.
Visit: www.bccc.edu, <https://humanim.org/>
Contact: (410) 986-5458 or (410) 381-7171, ext. 5221
- CivicWorks offers training in green construction such as solar energy installations and energy efficiency weatherization.
Visit: www.civicworks.com
Contact: (410) 366- 8533 or info@civicworks.com
- Jane Addams Resource Corporation (JARC) offers metalworking training for those who wish to become welders, manufacturers, or CNC machinists.

Visit: <https://jarcbaltimore.org/>

Contact: (410) 900-1440

- Job Opportunities Task Force offers training in electrical, carpentry, and plumbing skills.

Visit: www.jotf.org

Contact: (443) 986-9046

- Center for Urban Families (CFUF) offers support services that help individuals find and keep employment. Services include job placement, career mapping support, skills training, and education.

Visit: www.cfuf.org

Contact: (410) 367-5691

For more information about FSET, visit <http://dhr.maryland.gov/food-supplement-program/food-supplement-employment-training-program-fset/>.



Supporting, Training, and Employing Parents Program (STEP UP)

The STEP UP program provides free job training to non-custodial parents with a Baltimore City child support case. Participants who complete the STEP UP program can earn forgiveness for child support owed to the State of Maryland. Training opportunities are offered in welding, green construction, machining, healthcare, and hospitality. If you would like to enroll in one of the programs listed below, or if you would like to find out if you are eligible for any of the STEP UP program offerings, please contact (410) 844-7001 x 7144. STEP UP offerings include:

- Baltimore City Community College + Humanim, CivicWorks, Jane Addams Resource Corporation (JARC), and Job Opportunities Task Force (programs described previously under the FSET heading are also offered to STEP UP participants)

- Associated Catholic Charities offers training and certifications for automotive and general service technicians.
- Vehicles for Change offers training and certifications for automotive service technicians.
- Maryland New Directions offers training and certifications for jobs in logistics, warehousing, stevedoring, materials handling, and international customer service.
- City Life Community Builders offers training and certifications for various construction positions and renovation projects.
- BioTechnical Institute of Maryland offers training and certifications for positions in biotechnology and pharma industries.
- Bon Secours Baltimore Health System Foundation/Bon Secours Community Works offers training and certifications for prospective Certified Nursing Assistants (CNAs) and Geriatric Nursing Assistants (GNAs).
- Caroline Freiss Center offers training and certification for Certified Nursing Assistants (CNAs), Geriatric Nursing Assistants (GNAs), and Certified Pharmacy Technicians.
- New Pathways offers training and certification for Certified Patient Care Technicians.

For more information about STEP UP, visit <http://dhs.maryland.gov/child-support-services/paying-support/noncustodial-parent-employment-programs/step-up/>.

Transportation Assistance Program

Transportation problems prevent some people from finding and keeping jobs. The Transportation Assistance Program (TAP) provides used vehicles for two years or 24,000 miles. The Transportation Assistance Program helps low-income families across Maryland, especially Temporary Assistance for Needy Families (TANF) recipients and Temporary Cash Assistance (TCA) recipients. By providing transportation assistance, TAP makes it possible for many people to drive safely to and from work. To determine if you are eligible for the TAP program, call the Baltimore City Department of Social Services at 443-378-4600 and ask for the TAP Coordinator. You can also call TAP's statewide partner, Vehicles for Change, to inquire about the program at (855) 820-7990 or the website's "contact us" link at <https://www.vehiclesforchange.org/about-vfc/contact-us/>.

For more information about the Transportation Assistance Program, visit <http://dhr.maryland.gov/weathering-tough-times/transportation-assistance-program-tap/>.

For information about program qualifications, please visit <https://www.vehiclesforchange.org/marylandvir->

[ginia/need-a-car/maryland-transportation-program-tap/](https://www.vehiclesforchange.org/marylandvirginia/need-a-car/maryland-transportation-program-tap/).

One Baltimore for Jobs: Free Job Training Programs



The One Baltimore for Jobs program uses many workforce development partners to provide skills training to Baltimore City residents. In addition to the free job training programs listed previously in this newsletter, One Baltimore for Jobs advertised these additional training opportunities:

- America Works of Maryland offers work readiness training, vocational training, career placement, job fairs, and employment retention services.
22 Light Street #600
Baltimore, MD 21202
410-625-9675
<http://www.americaworks.com/locations/maryland>
Email: info@americaworks.com
- Baltimoreans United in Leadership Development (BUILD) hosts a Turnaround Tuesday program that helps people reenter the workforce after a period of unemployment. BUILD has many employers and community partners that offer jobs and training to program participants. Turnaround Tuesday has 2 training sites, one in East Baltimore (Mount Zion Baptist Church – 1700 N. Caroline St., Baltimore, MD 21213) and one in West Baltimore (Macedonia Baptist Church – 718 W. Lafayette Ave., Baltimore MD. 21217). For an up-to-date training schedule, please contact BUILD directly.
2439 Maryland Avenue
Baltimore, MD 21218
410-528-0305
<http://www.builtiaf.org/>

For more information about the One Baltimore for Jobs program, please visit <https://moed.baltimorecity.gov/one-baltimore-jobs>.

COVID-19 and Unemployment

The U.S. Department of Labor provides unemployment benefits to eligible workers who become unemployed through no fault of their own. Individual states set their own unemployment insurance benefits eligibility guidelines, and each state administers a separate unemployment insurance program.

How to Apply in Maryland

You can apply for unemployment insurance benefits by phone or online.

- Online: Visit Maryland's BEACON One-Stop Unemployment Insurance Application at <https://beacon.labor.maryland.gov/beacon/claimant-page.html>. BEACON One-Stop was launched in April 2020 and allows claimants to file claims for all unemployment benefit programs through a single application, including the most recent Pandemic Unemployment Assistance and Pandemic Emergency Unemployment Compensation.
Phone: Call 410-949-0022 or 800-827-4839 between 7am-6pm, Monday through Friday.



When you apply, make sure you have the following documents or information:

- Your social security number
- Employer information (company name, address, phone number)
- Work history from the past 18 months (a list of places worked, employment start/end dates, and the reason for separation from the employer)
- Name, date of birth, and social security number for your dependents

The following documentation may be needed:

- Pay stubs
- Recent W-2

Please visit <https://www.dllr.state.md.us/employment/uicovidfaqs.shtml> for information on Frequently Asked Questions about COVID-19 and Maryland's Unemployment Insurance Benefits.

If you live in a state other than Maryland, you will not be able to use Maryland's BEACON One-Stop Application to apply for unemployment benefits. Instead, please use the Unemployment Benefits Finder on the following website: <https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx?newsearch=true>. You can select your state, and the website will provide the websites you need to file in your state of residence.

Unemployment Programs

The Coronavirus Aid, Relief, and Economic Security (CARES) Act created 3 new unemployment insurance programs. These include:

- Pandemic Unemployment Assistance (PUA) provides up to 39 weeks of benefits between January 27, 2020 and December 31, 2020. The PUA program provides benefits to the self-employed, independent contractors, and gig economy workers. To be eligible for PUA, you must be unemployed or underemployed for a COVID-19 related reason. Specific eligibility requirements are listed online here.
- Federal Pandemic Unemployment Compensation (FPUC) provides an additional \$600 per week for those who receive unemployment benefits between April 4, 2020 and July 25, 2020.
- Pandemic Emergency Unemployment Compensation (PEUC) provides an additional 13 weeks of benefits to those who have exhausted their unemployment benefits.

Please visit the following websites for information from the MD Department of Labor regarding specific unemployment programs and eligibility requirements: <http://www.dllr.state.md.us/employment/uicaresfaqs.pdf>, <http://www.dllr.state.md.us/employment/unemployment.shtml>.

How to Check the Status of Your Stimulus Payment

The IRS has created a webpage to help you understand the Economic Impact Payment (also known as stimulus payments). Some people may still be waiting to receive their stimulus payments. If you are waiting, you may also be wondering if you will receive a paper check, debit card, or direct deposit.

To check if you are eligible for a stimulus payment, please visit the Economic Impact Payment Information Center: <https://www.irs.gov/coronavirus/economic-impact-payment-information-center>. You may also check the status of your stimulus at the same site.

Financial Resources

Financial strain is very stressful, and stress can negatively impact your health. Stress can lead to changes in sleep, appetite, and mood. If you or someone you know is struggling financially because of COVID-19, the CASH Campaign of Maryland may be able to help.

The CASH Campaign of Maryland offers financial education and coaching year-round, and financial education classes are free!

Please visit the following website to learn more about the CASH Campaign of Maryland, and how they can help you during COVID-19: <https://www.mdcasha-academy.org/COVID-19>.

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Newsletter for the HANDLS community

The purpose of this study is to learn about changes in health over time. Using our medical research vehicles, we want to study as many people with different backgrounds as we can. We want this study to help us understand healthy aging by examining the influences of different backgrounds on changes in health over time. The information we gather will help improve health and prevent disabilities. Our goal is to gather information to improve health and prevent disabilities for people of all backgrounds, particularly in minority communities and communities with limited resources.

For information about our study call 877-677-9538 or visit our website <https://handls.nih.gov>.